

Because He Lives!

Before long, the world will not see me anymore, but you will see me. *Because I live*, you also will live.

John 14:19



(Chorus)

Because he lives
I can face tomorrow
Because he lives
All fear is gone
Because I know
He holds the future
And life is worth the living
Just because he lives

Gloria and Bill Gaither have blessed the people of God with a plethora of evangelical hymns. Such songs as “He Touched Me,” “The King Is Coming,” “There’s Something About That Name,” are just a few of the hundreds of hymns they have written. But the one that rises to the top for me is “Because He Lives,” a song that reflects their faith in the Risen Lord. Bill shared in an interview the period of time in his and Gloria’s life, when they wrote “Because He Lives.” It was early 1970 when our country was at war in Vietnam, “God Is Dead” theory was prevalent, the drug culture was growing and they birthed a baby boy “Benjy.” Bill continues, “Brother, this is really a poor time to bring a child into the world. But better still the calm assurance that this child can face uncertain days because Christ lives, is what inspired us to write, Because He Lives.”

Halleluiah! He is Alive! Because Jesus lives, we can face tomorrow; and the many fears that haunt us all. Yes, I have had many close encounters in life where a decision pertaining to change must be made. I felt the tension of moving forward and not knowing what the future holds, and holding on to what is familiar. We have all been there. We prayerfully discuss the pros and cons. If we will trust and wait on God’s Spirit, we too can sing the chorus to “**Because He Lives.**” I realize why we celebrate Easter, because God has made it possible through Jesus Christ, for us all to live in the *now*, and to look forward to that which is *yet to come!*

Halleluiah! He is Alive!

Pastor Cal

The Chimes

The mission of
Court Street UMC

is to be a
welcoming,
nurturing,
serving

community of Christ.



The Chimes

Lay Leadership

**Lay Delegate
to Annual Conference**

Diane Risley
David Risley

**Alternate Lay Delegate
to Annual Conference**

Jeanine Wang

Administrative Council Chair

Joan Tunnell

Staff/Parish Relations Chair

Sue Cram

Finance Chair

Mike Davis

Stewardship Chair

Jeanine Wang

Treasurer

Gene Ferry

Endowment Chair

Mike Davis

Trustee Chair

Tim Gorman

Lay Leader

Georgalee George

Nurture & Outreach

Georgalee George

Worship Chair

Joan Tunnell

Local Missions Chair

Barb Ferry
Sue Zimmerman

Christian Education Chair

Diane Lutmer

Arts Committee Chair

Richard Wang

United Women in Faith

Sue Cram

United Methodist Men

DuWayne Stanis

Jeremiah Ministry Reps

Krysta Tilges



EASTER SUNDAY RESURRECTION CELEBRATION

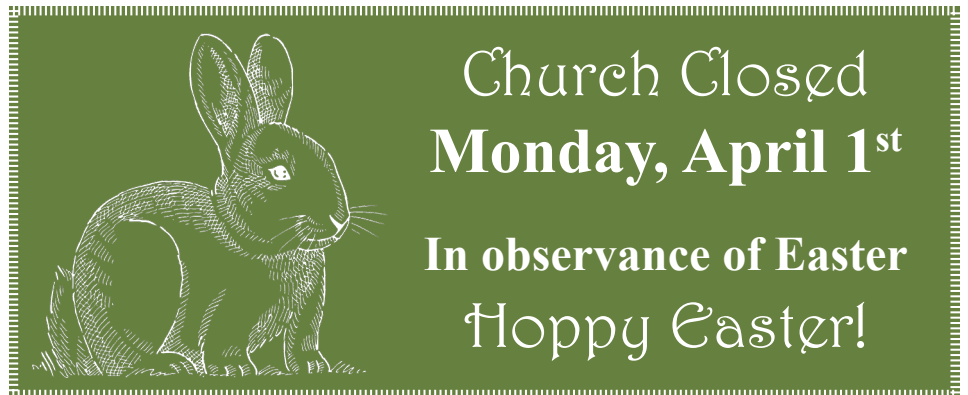
Sunday, March 31
Sanctuary at 10:00 a.m.

He is not here; he has risen, just as he said.
Matthew 28:6, NIV



SPECIAL EASTER SUNDAY WAFFLES & WORSHIP SERVICE

Sunday, March 31
Dining Room at 8:00 a.m.



Like us on

facebook

Follow us on

twitter

See pictures on

www.courtstreetumc.org

April 2024



United
Women
in Faith

UWF APRIL LUNCHEON

Wednesday, April 3rd
Dining Room at 12 p.m.

“Year in Review 2023”

Feat. guest speaker J. Hanley, Winnebago Co. State’s Attorney

RSVP to Donna Dow at (815) 963-3020

\$10 per person

Women of Court Street:

All women of the church are considered members of United Women in Faith (formerly UMW) regardless if they participate in a circle. UWF is a bold, diverse, and dynamic community of Christian women working together to grow spiritually, live their faith, and make a difference in their communities and the world, especially on behalf of women, children, and youth.

Mission Giving funds 121 programs carried out by 107 organizations in more than 110 countries. Our UWF is able to support these programs through pledges and fundraisers, like autumn flower sales and luncheons. If you would like to support UWF, pledge cards and envelopes are available at the office and on the counter in the Narthex. Checks still need to be written to Court Street United Methodist Women, our legal banking name, and can be mailed or dropped off to the church office or given to treasurer Diane Risley.

Your contributions impact more lives than can be counted. Each life touched by your gift is improved and, in turn, empowered to reach out in a positive way in their local community.

Mission Giving Pledge Card

Name: _____

Address: _____

Date of Pledge: _____


For the coming year, I pledge \$ _____

to be paid: monthly quarterly other

United Women in Faith MEMBER: Please fill out and retain this card for your records.

As a member of United Women in Faith, I celebrate and commit to supporting United Women in Faith's local, national and global outreach.

Mission Giving Makes Mission Happen!



United
Women
in Faith

Health & Wellness: Increase Protein to Improve Muscle Strength

If you have ever seen a loved one or have experienced a fall yourself, you know the importance of having muscle strength. The good news: No matter your age, you can maximize your strength. Resistance training is key, but also eating adequate amounts of protein daily. “Think of this, if you don’t eat enough protein, you are missing half of the equation,” states Rachele Pojedic, a researcher at Stanford Lifestyle Medicine.

Muscle mass peaks in our thirties and then starts a long slow decline. Muscle loss, also called *sarcopenia*, will affect more than 45% of older Americans, affecting more women than men. “As a country, we are under muscled,” states Dr. Richard Joseph, a wellness focused doctor. It’s a key culprit of physical decline. As we all know, the loss of strength increases the risk of falling, which is the top cause of death from injury in older adults.

Protein is very important due to the fact it’s in all our cells, which also means muscle cells. There is a constant demand for more energy from our bodies. The protein rich foods provide the amino acids that become the building blocks of the new proteins our bodies need. The goal is to eat protein from foods at a faster rate than our body is breaking it down. Pojedic states, “Then when you add in resistance training, this will help maintain muscle mass.”

So, the question is how much is enough? The recommended amount is at least 0.8 grams of protein per kilogram of body weight. This is the Recommended Dietary Allowance (RDA) you need to meet your basic nutritional requirements. Another way to say this is it’s the minimum you need to keep from getting sick. To determine your daily protein intake, you can multiply your weight in pounds by 0.36. Example, a person who weighs 150 pounds should have at least 54 grams of protein a day. However, many experts say more is optimal.

As we age, protein may need to increase. Due to individual health concerns and conditions, you should check with your health care provider with questions. Studies have shown that about 30% of men in their 50’s and 60’s fall short, and nearly half of women aged 50 and older fall short of meeting their daily requirements of protein.



Here are some key foods and suggestions to help pack more protein into our meals. At about 17 grams per 3/4 cup serving, Greek yogurt is a great source of protein. At 6 grams of protein for a large egg, it is also a good choice. Hard boiled eggs are a go-to option for a quick lunch. The U.S. Dietary Guidelines states an egg a day won’t raise heart disease risk in healthy people, but some may need to limit eggs due to cholesterol concerns. If you like smoothies, power them

up with powdered protein. Fish is full of protein; cod has approximately 40 grams per serving. Salmon and tuna both have approximately 30 grams. Fish is an excellent source of unsaturated rather than saturated fat. Meat in small amounts adds a protein punch. Meat is a top source of protein, serving up to about 7 grams per ounce. Aim for lean cuts, chicken breast or lean ground turkey. There are plenty of plant based alternatives. Look into ways to eat tofu and beans. Also, think of tossing legumes on your salad. Nuts and seeds tend to be about the same when thinking of a serving size. A serving size is about the size of your palm or no bigger than a deck of cards.

Try to Google and be creative when adding more protein to your meals. Let me know how you are doing and tips you have learned that have helped.

Teresa Field, *Parish Nurse*



April is Child Abuse Awareness Month. Everyone knows that physical violence against a child is a horrific act. Most people don't consider the extensive damage that psychological abuse has on a child. This article is about the most violent form of psychological child abuse, referred to as parental alienation.

Parental alienation is the process and result of the psychological manipulation of a child into showing disrespect, hostility, and even unwarranted fear towards their other (targeted) parent. It is a distinctive and widespread form of child abuse and family violence, towards both the child and, in severe cases, rejected family members. The result is a child's unwarranted hostility (mild alienation), resistance to parenting time (moderate alienation), and/or severance of contact (severe alienation). Moderate to severe alienation most commonly occurs after a separation or divorce. In many cases, the severance of contact is established by the alienating parent, isolating the child. This can be done by deliberate custodial interference. It is not uncommon for the targeted parent to be falsely accused of mental illness, substance abuse, physical abuse, or even sexual abuse in severe cases of parental alienation. Weaponizing orders of protection

in cases of high conflict divorce has sadly become very common. In family court the "Silver Bullet" is a dubious and unconscionable tactic.

The Silver Bullet is when a parent or child makes false allegations of abuse about the other parent. The courts will suspend custody or visitation while the claims are being investigated. The alienating parent uses this time to manipulate the child into aligning with their story. These children are helpless to get away from their abusive situation and develop a trauma bond with the alienating parent. Repeating poisonous messages in order to get the unsuspecting child to adopt a negative narrative and believe their other parent is unworthy or even dangerous will create adverse childhood effects (ACES) resulting in symptoms that last into adulthood. These effects may include, but are not limited to, low self esteem, anxiety disorders, conflict resolution, trouble keeping relationships, substance abuse issues, academic struggles, and suicidal ideation. Some childhood conditions that impact the central nervous system are absence of emotional support, boundary disruption, which limits self regulation, growing up in an environment of fear, and suppression of authenticity.

When a child is taught that their parent is bad, they internalize the concept that half of them is bad. Development of critical thinking skills, most effectively with the aide of therapy, will help the child reestablish a sense of autonomy, which is crucial for healing. This form of child abuse has become a global epidemic and is only growing. Unfortunately, this includes your town, your community. If you or someone you know has experienced this, there are resources. There are several online support groups, books, and empirical studies published on parental alienation. Google PASG (Parental Alienation Study Group), ISNAF (International Support for Alienated Families), The Anti-alienation Project, or contact the Domestic Violence Committee at Court Street United Methodist Church, 215 N. Court Street, Rockford, Illinois 61103. Call (815) 962-6061 for more information. The Domestic Violence Committee meetings are open to the public.

-Anonymous Alienated Parent



Domestic Violence Subcommittee Meeting

Join us Tuesday, April 9, 2024

Court Street UMC Library



DORCAS CIRCLE

THURSDAY, APRIL 18
11:30 AM @
JERRY'S CAFÉ BRYNWOOD



Waffles & Worship

Last Sunday of the Month
Dining Room at 8 AM

Praise service filled with food and fellowship.

April Service: Sunday, April 28th



Samantha Rae Baker

Born February 21, 2024

Parents

Robert Baker & Madysen Murray

Grandparents

Justin & Nicole Lutmer

Great-Grandparents

Bob & Diane Lutmer



Chatterbox Supper Group

Chavez Mexican Restaurante
5494 E. State Street, Rockford, IL

Thursday, April 11th @ 6:00 p.m.

All ladies are invited.

Contact Cindy Fisher at (815) 519-3653 by noon
of the Wednesday before the dinner.

Court Street's
got **Talent**



Calling on our talented congregation
to share their gifts at a special cabaret
luncheon on Sunday, May 5th.

We plan to have an Italian-style meal
after service and lots of fun.

Speak with Jim Crow if you've got a
talent to share or a routine to develop.
Don't be shy; we're a loving forum.

April 2024



Native American Ministries Sunday

Special Offering
Sunday, April 14th

2024 GARDEN BAZAAR

Order Forms Due Monday, April 15
(Additional Forms Available in the Narthex, Online, and at the Office)

Orders Arrive Thursday, May 16
Must Pick up between 12 p.m. and 2 p.m.

Delivery Available with Prepayment
(Donation for Delivery Appreciated)

Annuals, Perennials, Hanging Baskets, Herbs, and Vegetables for Sale!

ROCKFORD AREA PRIDE PARADE

VOLUNTEERS NEEDED!

JUNE 1, 2024



Interested?

SUBMIT YOUR VOLUNTEER APPLICATION!

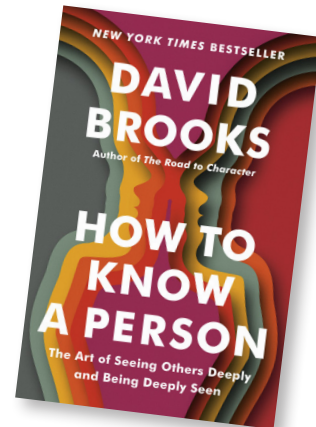


WWW.ROCKFORDAREAPRIDE.ORG

WE NEED HELP WITH:

- Parade Lineup/Marshals
- Set up / Take Down
- First Aid
- Safety / Security
- Marketing
- And More!

2024 CSUMC Book Club



April 28 at 2 p.m.

*How to Know a Person:
The Art of Seeing Others
Deeply and Being Deeply Seen*

By David Brooks
RANDOM HOUSE

Contact Diane Risley for more info
at rishouse@juno.com.



Court Street United Methodist Church
 The Chimes April 2024
 215 North Court Street
 Rockford, IL 61103-6897

Return Service Requested

Phone: (815) 962-6061 Fax: (815) 962-9754
 www.courtstreetumc.org

Thank you for volunteering!

April 7, 2024

10:00 AM Ushers: The Sue Cram Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte: Lili Breson
 Liturgist: Curly Thompson

April 14, 2024

10:00 AM Ushers: The Sue Cram Team
 Sound Tech: Tim Welk
 Video Tech: Steve Ripley
 Acolyte: Ella Anderson
 Liturgist: Diane Lawe

April 21, 2024

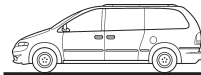
10:00 AM Ushers: The Sue Cram Team
 Sound Tech: Stan Tunnell
 Video Tech: Steve Ripley
 Acolyte: Kaylee Bulliner
 Liturgist: Andrew T. Crow

April 28, 2024

10:00 AM Ushers: The Sue Cram Team
 Sound Tech: Ryan Welk
 Video Tech: Steve Ripley
 Acolyte: Ella Anderson
 Liturgist: Lorelle Wandell

Livestream Techs: Krysta Tilges
 & Ella Anderson

If you wish to receive The Chimes electronically
 or to be removed from this mailing,
 please call the church office at (815) 962-6061
 or e-mail Communications@courtstreetumc.org.



Need a Ride to Church?

Riders, please call drivers for a ride by 6 p.m. on the
 Saturday before the Sunday you wish to attend.

| | | |
|----------|----------------|--------------|
| 03/31/24 | Curly Thompson | 815-988-2735 |
| 04/07/24 | Tim Gorman | 815-636-0514 |
| 04/14/24 | Jeff Mann | 815-742-5444 |
| 04/21/24 | Curly Thompson | 815-988-2735 |
| 04/28/24 | Jeff Mann | 815-742-5444 |
| 05/05/24 | Tim Gorman | 815-636-0514 |

Please thank these men for making this ministry work!

Court Street United Methodist Church Staff

| | | | |
|-----------------------|---------------------------------|----------|--|
| Rev. Calvin Culpepper | Pastor | ext. 220 | cculpepper@courtstreetumc.org |
| Ryanne Ludington | Director of Christian Education | | ludingtonryanne@gmail.com |
| James L. Crow | Director of Arts Ministries | ext. 209 | jlcrow@live.com |
| Krysta Tilges | Director of Video Ministries | | ktilges@gmail.com |
| Jack Armstrong | Director of Music | ext. 221 | gogo234@att.net |
| Andrew Mertzenich | Organist | | andrew.mertzenich@gmail.com |
| Teresa Field | Parish Nurse | | Teresabsf5@yahoo.com |
| Verlette Gorman | Church Administrator | ext. 202 | ChurchAdmin1@courtstreetumc.org |
| Tiffany Wilken | Publications Secretary | ext. 200 | Communications@courtstreetumc.org |
| Bert Cromwell | Nursery | | |
| Bill Kint | Maintenance Engineer | | Maintenance@courtstreetumc.org |



April 2024

Birthdays

| <u>Name</u> | <u>Date</u> | <u>Name</u> | <u>Date</u> | <u>Name</u> | <u>Date</u> | <u>Name</u> | <u>Date</u> |
|--------------------|-------------|-------------------|-------------|------------------|-------------|------------------|-------------|
| Stanicek, Kathleen | 1 | Mann, Stephanie | 8 | Tunnell, Joan | 18 | Parke, Amanda | 26 |
| Toalson, Kirby | 1 | Armstrong, Eve | 9 | Enderly, Steven | 19 | Bulliner, Kaylee | 27 |
| Mertzenich, Andrew | 2 | Whitmore, Rachel | 9 | Pearson, Michael | 19 | Diodan, Fernande | 27 |
| Woods, Cindy | 2 | Powell, Dorothy | 12 | Shindel, Nancy | 19 | Fulton, Carrie | 28 |
| Ryan, Geri | 3 | Rodgers, Danielle | 12 | Tropp, Jason | 19 | Mott, Sarah Ann | 28 |
| Smith, Destini | 3 | Miller, Amanda | 13 | Morse, Dillan | 20 | Deleon, Melissa | 29 |
| Culpepper, Cambron | 4 | Armstrong, Fern | 14 | Crawford, Boden | 21 | Ferry, Eugene | 29 |
| Scheffel, Jeremy | 5 | Woods, Heidi Ann | 15 | Crow, Andrew | 22 | Johnson, Bruce | 29 |
| Nelson, Sally | 6 | Froeber, Brianne | 16 | Zantow, Marvin | 22 | Rhoads, Ray | 29 |
| Regnier, Michele | 6 | Jones, Christine | 18 | Justice, Gordon | 24 | Wang, Jeanine | 29 |
| | | | | Crahan, Caryl | 25 | Palmer, Gregory | 30 |
| | | | | King, Brandt | 26 | | |





Wedding Anniversaries

| <u>Name</u> | <u>Date</u> | <u>Year</u> | <u>Married</u> |
|---------------------------|-------------|-------------|----------------|
| Rupp, Paul and Ashley | 21 | 2012 | 12 |
| Justice, Gordon and Julie | 27 | 1957 | 67 |

*Our prayers and sympathy go to the family of
Jean E. Manson who died on March 14, 2024*

April 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|------------------|---|
| | <p>1</p>  <p>CHURCH CLOSED EASTER OBSERVANCE</p> | <p>2</p> <p>08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal</p> | <p>3</p>  <p>08:30 AM Beautiful Beginnings 10:30 AM UWF Leadership Team 12:00 PM UWF Luncheon with J. Hanley (Winnebago Co. State's Attorney) as Guest Speaker</p> | <p>4</p> <p>08:30 AM Beautiful Beginnings 01:00 PM The Journeymen</p> | <p>5</p> | <p>6</p> |
| <p>7</p> <p>08:30 AM Chancel Choir Rehearsal 09:00 AM Sunday School 10:00 AM Worship Service 11:15 AM Facetime 11:15 AM Youth Activities</p> | <p>8</p> <p>08:30 AM Beautiful Beginnings</p> | <p>9</p> <p>08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 11:00 AM Domestic Violence Subcommittee 12:00 PM Nurture & Outreach Committee 05:30 PM Trustees 06:00 PM JuBellation Rehearsal</p> | <p>10</p> <p>08:30 AM Beautiful Beginnings 03:45 PM Worship Committee</p> | <p>11</p> <p>08:30 AM Beautiful Beginnings 01:00 PM The Journeymen 6:00 PM Chatterbox Supper Group (Chavez Mexican Restaurante)</p> | <p>12</p> | <p>13</p> <p>08:30 AM United Methodist Men Breakfast (Stockholm Inn)</p> |
| <p>14</p> <p>NATIVE AMERICAN MINISTRIES SUNDAY</p> <p>08:30 AM Chancel Choir Rehearsal 09:00 AM Sunday School 10:00 AM Worship Service 11:15 AM Facetime 11:15 AM Youth Activities</p> | <p>15</p> <p>CHIMES DEADLINE GARDEN BAZAAR ORDERS DUE</p> <p>08:30 AM Beautiful Beginnings 4:30pm Finance Committee 5:00pm Administrative Council</p> | <p>16</p> <p>08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal</p> | <p>17</p> <p>08:30 AM Beautiful Beginnings 05:30 PM No. IL Wood Turners</p> | <p>18</p> <p>08:30 AM Beautiful Beginnings 11:30 AM Dorcas Circle (Jerry's Café) 01:00 PM The Journeymen</p> | <p>19</p> | <p>20</p> |
| <p>21</p> <p>08:30 AM Chancel Choir Rehearsal 09:00 AM Sunday School 10:00 AM Worship Service 11:15 AM Facetime 11:15 AM Youth Activities</p> | <p>22</p> <p>08:30 AM Beautiful Beginnings</p> | <p>23</p> <p>08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal</p> | <p>24</p> <p>RSVP FOR CS's GOT TALENT LUNCHEON</p> <p>08:30 AM Beautiful Beginnings</p> | <p>25</p> <p>08:30 AM Beautiful Beginnings 01:00 PM The Journeymen</p> | <p>26</p> | <p>27</p> |
| <p>28</p> <p>08:00 AM Waffles & Worship 08:45 AM Chancel Choir Rehearsal 09:00 AM Sunday School 10:00 AM Worship Service 11:15 AM Facetime 11:15 AM Youth Activities 02:00 PM CSUMC Book Club</p> | <p>29</p> <p>08:30 AM Beautiful Beginnings</p> | <p>30</p> <p>08:30 AM Beautiful Beginnings 09:00 AM History & Archives 09:00 AM Quilters 09:30 AM Exercise Class 06:00 PM JuBellation Rehearsal</p> | | | | |